



Tots to Teens



A newsletter of the Granby Youth Service Bureau

From the Youth Services Counselor ~

Keeping an Eye — Even when Indoors

"It's eleven o'clock. Do you know where your children are?" Growing up near Buffalo, New York, my mother and I would often giggle together at this pre-late night news inquiry.

Since then I've learned that this public service message was popular in other regions as well. Lately that simple question has returned to my mind. The world for parents and youth is far different than when this message was popular. Children have different opportunities now. Entertainment has changed greatly. Perhaps at 11:00 pm your child is still viewing the computer. Remember, one can now have a conversation with numerous people simultaneously via instant

messaging. Your child may be chatting with a group unknown to him or her. Someone else may be viewing your child's picture, biography or personal information without his or her knowledge through websites to which the youth subscribes (or to which a friend subscribes).

If not using the computer, perhaps your youth is watching a video or cable channel alone or with friends. While this is definitely more interesting than the "Late, Late Show" from my youth (typically an even older black and white movie), it is also something



a parent may want to know about — before it is viewed.

These new technologies, among other things, foster an atmosphere in which children are staying up later and expecting to be entertained. Sleep-overs are very popular with many youth in Granby. Most of the time, these are safe and harmless fun. On occasion, however, even the most conscientious of parents have been fooled by youth who report to be one place doing one thing and are actually somewhere else doing something that's — well, not okay.

Remember that today there are even more reasons to check in with your kids — "It's eleven o'clock..."

Support for Grandparents, Too

The Granby Youth Service Bureau (YSB) will host **Over Again: A Support Group for Grandparents who are raising or assisting in raising their grandchildren.**

If you find yourself raising children after your own

children are raised, or if you are helping one of your children raise a child, this group is for you.

Each Thursday at noon, grandparents can come together (over your brown bag lunch, if you wish) to share concerns and joys and

to receive ideas and assistance from trained YSB staff members. The cost is free, so why not take advantage of this great group made especially for you?

For more information, call the YSB at 844-5355.

YSB

Town of Granby
Youth Service Bureau

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For the Pre-School Crowd...

MUSIC & MOVEMENT FOR PRESCHOOLERS

Music and Movement with Fern has been very well received. Please watch for flyers and our website since we would love to offer this program again soon!

Thanks to

Doreen McWhirter and the Granby Education Fund for making this program possible!



YOUTH EMPLOYMENT SERVICE OFFERS BABYSITTING

REFERRALS

If you are looking for a good babysitter but don't know who to call, the Youth Employment Service is the place to start. The Youth Employment Service is a referral service that matches youth that want to work with people who would like to employ them.

Simply fill out a job listing (available through our website or at the Sr. Center/Youth Services Building) and we'll call you with babysitters to contact. Then, sim-

ply call and interview the youth as you normally would. You may negotiate pay, hours and terms with your employee, and there is no obligation or fee for referral.

The Youth Employment Service also has great snow-shovelers, dog walkers, housekeepers and much more. Why not give it a try today? Call 844-5355 or visit the Youth Employment Service link on our Town website.



Elementary Events...

A Night of Fun Especially for 6th Graders!

The Granby Youth Service Bureau's Youth Action Council (Y.A.C.) was pleased to sponsor **Resolution 2006** — A dance and fun evening for 6th graders only. Resolution 2006 was Saturday, Feb. 4th from 7 to 9 pm. The evening cost was \$7 which included pizza, soda, dessert, dancing and a DDR (Dance, Dance Revolution

game) competition. Yes! There is good, clean fun available for kids in Granby. The Youth Action Council planned the event hoping that 6th graders would support this evening and that Y.A.C. may offer similar fun evenings to more youth in town. Y.A.C. member, Marquia Walton, was the DJ and kids



Sixth Graders enjoying Resolution 2006

brought their favorite CDs to play. One hundred twenty-nine sixth graders participated in the dance. The group was enthusiastic, well-behaved and great dancers! This event was co-

sponsored by the Granby Police Officers Association. All proceeds go toward the Youth Action Council Scholarship Fund.

Middle School Stuff...

YWOW! Young Women on the Way

These groups are offered for 7th and 8th grade girls. They meet at the middle school — a mini version of our WOW! program. YWOW! is about middle school girls—what's on their minds — concerns, ideas, wishes. The girls are now taking on leadership roles in these groups and helping to choose topics of importance to them. Ever wonder what it would be like if you showed up dressed in a completely different style? YWOW! Girls did, and they're testing out their theories right now. If you believe your 7th or 8th



grade daughter would enjoy YWOW!, you may call the YSB at 844-5355 or your child's middle school guidance counselor.

Computer Buddies continues

Where middle schoolers are the experts. Youth are paired with older adults who wish to learn to better use their computer and internet. Transportation to the Senior/Youth Center and snacks provided. Talk to your middle schooler about this great, rewarding group! **Meets 4 Mondays starting Jan. 30 and periodically through the year.** Call for more...

High School Happenings

Women on the Way...WOW!



An exciting weekly program designed specifically to inspire, challenge, and empower young women in grades 9-12. Meeting Thursdays through April 6. This year the young women have: learned about massage, tried a new workout, made the holidays brighter for one child and 40 senior citizens, discovered dog training and learned about being a pro athlete — just to name a

few activities. Now the WOWers are planning a presentation for middle schoolers about friendships, peer pressure and great advice. If you're a high school age girl — don't miss WOW!

Youth Action Council (Y.A.C.)

This group is composed of students from grades 8 through 12 and is focused on promoting youth awareness and community service. This month Y.A.C. will host the Feb 4th 6th grade dance. This dynamic



and diverse group strives to make a positive impact on the community of Granby through service activities and group collaborations. This year Y.A.C. will offer a special scholarship to a graduating senior at GMHS. Y.A.C. is looking for a few more members — call Ingrid Helander at 844-5355 if you or your high schooler is interested in this group!

Adventure Club

Led by Matt Preye of Wilderness Experiences, this group offers both indoor and outdoor adventure, group and leadership experience and wonderful challenges for high schoolers. Mondays. Sign-ups each fall.

For all...



Questions, Quandaries & Requests

Q. I think my child is having difficulties with friends. I also worry that he may be depressed. What should I do?

A. If you as a parent are concerned about your child, it is appropriate to seek help and advice. You may call Granby Youth Services anytime for help or referrals.

Q. What can I expect when I call?

A. One of our staff members will ask you a few simple questions about your child and your concerns. If you would like to schedule an evaluation, you may do so at that time. Otherwise, we can guide you to an appropriate referral or next step.

Q. Who else will know that I called or hear my concerns about my child?

A. No one—without your express written permission. The information you share with our staff stays with our staff and is kept under lock and key in the office.

Have a Job to Be Done?



Youth Employment Service (YES)

This referral service connects youth who would like to work on a part-time (or one time only) basis with adults in the community who are looking for help.

There is no obligation to hire or be hired. The Youth Employment Service simply helps place hopeful babysitters with families who need them; ambitious snow shovelers with folks who want relief from their messy sidewalks and much more! It's like having a neighbor who knows the kids in town who want a job. For Youth Employment Service applications/info. Follow the link on our website,

YSB Welcomes Your Ideas!

If you have a question, quandary or request, please call, mail or email:

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Where to find us...

Please look for this newsletter as well as future newsletters from Granby YSB online. We can be found at the web address of www.granby-ct.gov by clicking on the Youth Services tab. Our building is located behind the town hall and library buildings in the same building as the Senior Center. You may also contact us via phone at 844-5355. If we are unavailable, please feel free to leave us a confidential voice message.

YSB

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The Granby Youth Service Bureau provides support and assistance to youth (birth to 18) and their families. Call 844-5355 to inquire about individual or family therapy or parenting assistance. Children and families may seek services on their own or through consultation with schools, the Juvenile Review Board or other agencies. Services are professional and confidential.

The Granby YSB also offers:

- social and leadership clubs for youth
- support and educational groups for youth and parents
- presentations and workshops to assist families
- clinical assistance (including in-school therapy) to schools
- Youth Employment Service
- Behavioral health referral assistance

Granby YSB Promotes Safe & Healthy Youth How Can You Be Involved?

In addition to the Youth Service Bureau's youth programs, the YSB offers great workshops, presentations and opportunities for adult involvement.

One important group for adults at the YSB is the Coalition to Stop Underage Drinking. The Granby Coalition works toward awareness and prevention of teenage substance use. This year the Coalition launched a 6th grade networking program for parents. Like a "grown up Bear Calls", this directory includes parents who wish to work with other parents in the

community to ensure, to the best of their ability, that get-togethers are safe.

The Coalition is also focused upon gathering the latest information on teen substance use, abuse prevention and treatment, so that they may be an effective resource for the community. [March 23, the Coalition will coordinate and sponsor a game night for high school students.](#) This evening offers Granby youth an opportunities to come together and just have fun — without alcohol or drugs.



If you are interested in joining the [Granby Coalition](#), they

would like to meet you! No matter the age of your child, it's never too soon to work on prevention — or too late to improve the health and safety of Granby.

For more information, contact Cindy Garrey at garreyc@granby.k12.ct.us or call 844-5354.